

### Abstract

A composition for lowering LDL-cholesterol levels or for elevating HDL-cholesterol levels in blood of a mammal or both, comprised of an ester of a policosanol or a mixture or esters of policosanols and a method for lowering LDL-cholesterol levels or for elevating HDL-cholesterol levels in blood of a mammal or both, comprised of orally administering to said mammal a composition comprising an effective amount of an ester of a policosanol or a mixture of esters of policosanols.

A composition for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, comprised of an ester of a phytosterol or a mixture of esters of phytosterols wherein the acid moiety of the ester or the mixture of esters is fatty acid selected from the group consisting of eicosapentaenoic acid, docosapentaenoic acid, linoleic acid, linolenic acid and arachidonic acid or a mixture of said esters, and a method for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, comprised of orally administering to said mammal a composition comprising an effective amount of an ester of a phytosterol or a mixture of esters of a phytosterols wherein the acid moiety of the ester or the mixture esters is a fatty acid selected from the group consisting of eicosapentaenoic acid, docosapentaenoic acid, linoleic acid, linolenic acid and arachidonic acid.

A second composition for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, comprised of an ester of a policosanol or a mixture of esters of policosanol and an ester of a phytosterol or a mixture of esters of phytosterols wherein the acid moiety of the ester of the phytosterol or the mixture of esters of the phytosterols is a fatty acid and a second method for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, comprised of orally administrating to said mammal a composition containing an effective amount of an ester of a policosanol or a mixture of esters of policosanols, and an ester of a phytosterol or a mixture of esters of phytosterols wherein the acid moiety of the ester of the phytosterol and the mixture of esters of the phytosterols is a fatty acid.